

Pandemic Flu and You

Recommended items to include in a basic emergency kit:

- Water – one gallon per person per day for two weeks
- Food – a two-week supply of non-perishable food like canned soups and meats (be sure to include a can opener)
- Battery operated or hand-crank radio and a NOAA Weather Radio
- Flashlights and extra batteries
- Cell phone
- First aid kit (see other side of this handout for ideas about what the kit should contain)
- Whistle to signal for help
- Moist towelettes and/or liquid hand sanitizer
- Household chlorine bleach and a medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by adding 16 drops to a gallon of water. DO NOT use scented, color-safe bleach or bleaches with added cleaners
- Prescription medications
- Glasses and/or contact lenses
- Infant formula and diapers
- Pet food and extra water for your pet, as well as any medications taken regularly by your pet
- Important family documents like insurance policies, identification/bank records stored in a waterproof container
- Cash, change and/or traveler's checks
- Sleeping bag or warm blanket for each family member
- Complete change of clothing for each person. Be sure to include a change of underwear and shoes.
- Fire extinguisher
- Matches in a waterproof container
- Personal hygiene items like tampons
- Paper plates, plastic eating utensils
- Paper towels
- Paper and pencil
- Books and games for adults and kids

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Making a First Aid Kit

You can purchase a ready-made, inexpensive first aid kit, or you can make your own. If you make your own, here are the items to include:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Scissors
- Tweezers
- Tongue depressor blades
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Nonstick sterile pads
- Eye wash solution
- Thermometer
- Ice pack
- Tube of petroleum jelly or other lubricant
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies or a nebulizer machine.
- Pain and fever reducers, such as acetaminophen and ibuprofen
- Anti-itch medications, like hydrocortizone cream
- An antihistamine, like Benadryl, for allergic reactions
- Laxative

Don't forget your four-legged friends. They may have emergency first aid needs as well.